

DT100 - 3 on 5 Neutral Zone to 5 on 5 Each End - Juuso-Jursi

Key Points:

Attack 5-3 through the neutral zone and play 5-5 at each end.

Description:

1. RF1-2-3 and RD1-2 attack 5-3 vs. BF1 and BD1-2.
2. BF1-2 follow from the line-up in nzone and cover points making it a 5-5.
3. Five blue players attack 5-3 vs. RD3-4 through the neutral zone.
4. RF5-6 follow from the line-up in nzone and cover points making it a 5-5.
5. Original 5 red attackers return to the neutral zone line-up.
6. Continue this transition game with the 5 red defenders transitioning to attack 3 blue defenders in the neutral zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131202154139402>

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<https://youtu.be/dcWbCVubcu0>

